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DOH-Collier Encourages Healthy Habits

Ways to keep you healthy while celebrating the Super Bowl

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Naples, Fla. — The Florida Department of Health in Collier County (DOH-Collier) encourages healthy habits to help residents and visitors celebrate the Super Bowl.

Many traditional Super Bowl activities can be high-risk for spreading viruses, including COVID-19. There are several safe ways to enjoy the big game. The healthy habits below can help keep you and your family safe.

Mask Up Against COVID-19. While watching the Super Bowl, it is important to remember COVID-19 is still in our community. Ways to watch the big game at home include:

- Have a small party with only the people who live in your household. Remember: students visiting from college and relatives from out of state or city, county, etc... are considered outside of your household.
- Have a virtual party with friends and family.
- Watch the big game from home.
- Start a group chat with friends and family to chat about the game.

It is important to avoid the following:

- Visiting the homes of others, unless you can wear a mask or cloth face covering and socially distance.
- Large gatherings; per the State Surgeon General's Public Health Advisory avoid gatherings of 10 or larger.
- Sharing food, cups, forks, spoons, knives, and serving utensils.
- Crowded indoor events.

Catch the game, not COVID-19!

For more information regarding virus spreading risk at small gatherings, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/small-gatherings.html>.

For more information regarding COVID-19, visit floridahealthcovid19.gov/.

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